

11th Annual
**East End Mental Health
Awareness Day**

"Our Community of Resources"

Saturday, April 12, 2014

9:00 am - 3:00 pm

Walk-in Registration begins at 9:00 am

Southampton High School - 141 Narrow Lane, Southampton, NY

**Online advance registration encouraged at
www.southamptontownny.gov/mentalhealthday**

10:15 am — 11:30 am

**Theatrical Presentation, Act-TWO
Panel Discussion - Stories of Resilience**

Bobbie Kaufman, ATR-BC, LCAT — Moderator

**This program
is FREE and
open to EVERYONE
interested in
Issues related to
Mental Health
and Physical
Challenges**

Workshops - "Our Community of Resources"

Workshops Session 1 — 11:45 AM

1. Mental Health for Children – Christopher Halucha, MSW, LCSW-R,
2. Cognitive and Emotional Wellness for Seniors and Caregivers – Joelle Efthimiou, PhD
3. Access to Treatment on the East End - Valerie King Ph.D., Nancy Beckett Lawless, Director of Provider Relations Seafield Center.
4. Psychiatric Medications –Eric J. Bartky, MD.

Workshops Session 2 — 2:00 PM

5. Substance Abuse– Lynn Doris, LCSW, CASA, MBA, Executive Director, Seafield of Riverhead.
6. Suicide Awareness & Prevention – Meryl Cassidy, ACSW, LMSW Executive Director Response of Suffolk County Inc.
7. Perinatal Mood and Anxiety Disorders: More Than Just the "Baby Blues" - Sonia Murdock, Executive Director, Postpartum Resource Center of New York, Inc, and Melissa Paz, Program Coordinator Suffolk Perinatal Coalition.
8. Taking Care of Your Whole Self - Meditation / Mindfulness, Exercise, Nutrition and Health Care – Peggy Raynor, MBA, and Chris Tower, PMHNP Psychiatric Nurse Practitioner.

*Coffee
Lunch
and
Networking*